

The Voyage Journals



A PUBLICATION OF
THE MONROE INSTITUTE®

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The Monroe Institute's *Gateway Voyage*®, now in its 32nd year, is a six-day intensive program dedicated to the development and exploration of human consciousness using the scientifically based and clinically proven "audio-guidance" technology known as Hemi-Sync®. This patented sound technology, supported by more than 40 years of research, can help individuals experience "extraordinary" or exceptional realms of consciousness, including, for many, the so-called "peak-experiences" so highly revered by experienced meditators.

Each Hemi-Sync® exercise moves the listener by carefully controlled steps from deep relaxation to those thresholds of consciousness apparently related to deep meditation. These thresholds become gateways into different forms of perception: states of expanded awareness, of freedom.

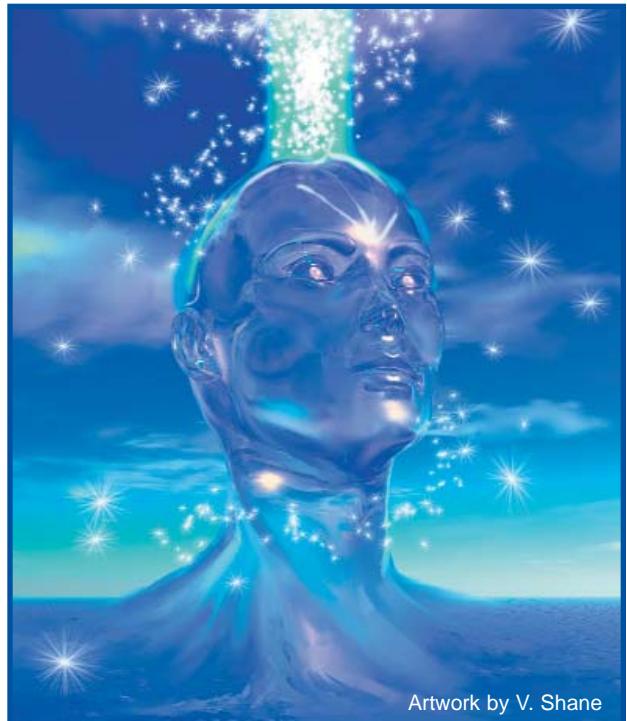
An experienced training staff is available throughout the program, as different combinations of Hemi-Sync® frequencies are used to guide voyagers in the exploration of progressively higher states of consciousness. The Monroe Institute has mapped these higher states into "Focus™ levels" to help participants navigate their inner landscape. This sequential and structured environment allows participants to create their own experiences, their own adventure.

Each individual approaches this internal work with different abilities, concepts, and dynamic processes. The Institute's approach is to provide techniques for exploring one's full potential and for "traveling," rather than to provide a destination.

The goal is not only to experience exceptional domains of consciousness, but also to learn techniques for entering them at will for use in everyday situations. Some voyagers focus on tapping intuitive capabilities or heightening creative abilities; others focus on accelerated learning or enhancing well-being—the applications are unlimited.

The Monroe Institute's residential programs are not predicated on any particular belief system or doctrine.

Thousands of people from all walks of life and from a wide variety of religious backgrounds have attended without encountering conflict regarding their beliefs. The only philosophical point you are asked to consider is that you are more than your physical body. We cannot guarantee an out-of-body experience during or following a program but we do offer tools that can help you toward that end. The Gateway Voyage is a prerequisite for all other residential programs.



Artwork by V. Shane

"One Gateway alumnus, the head of a Zen Buddhist temple... believes that Gateway students can reach meditation states in a week that took him years of sitting."

—The Wall Street Journal

Exploring Consciousness with Hemi-Sync®

- **Focus 10**
(the mind awake/body asleep state)
- **Focus 12**
(the state of expanded awareness)
- **Focus 15**
(the "no time" state)
- **Focus 21**
(the bridge to other energy systems)

Participants listen to 5-6 Hemi-Sync® exercises a day centered on a variety of objectives:

- **Achieving profound states of relaxation**
- **Recognizing and controlling personal energy**
- **Problem solving**
- **Greater self-awareness**
- **Emotional cleansing**
- **Patterning for the future**

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In his best-selling autobiography, *The Seven Storey Mountain*, Thomas Merton wrote of an experience he had while attending Oakham, an English prep school. At the time, Merton was about 16 years old.

He had gone for a walk in the countryside; and, upon finding a green and pleasant spot on a hill, sat down to admire the view. He remained for some time, enjoying the sunny day and the scenery.

After an hour or so Merton got up and began to walk back to school. He had not gone far when he realized that he had just experienced the most beautiful sight he had ever seen in his life; and only upon reflection did its impact become astonishing and meaningful.

In a small way, that was my experience with the *Gateway Voyage*. During my six days as a participant and resident, I was busy with activities: listening to tapes of Robert Monroe in my little booth, running downstairs in my socks to the White Rug Room to meet with the others, standing in line in the pretty dining room and craning my neck to see what was being served, hanging out on the Nancy Penn Center's long back porch, horsing around with some of the others.

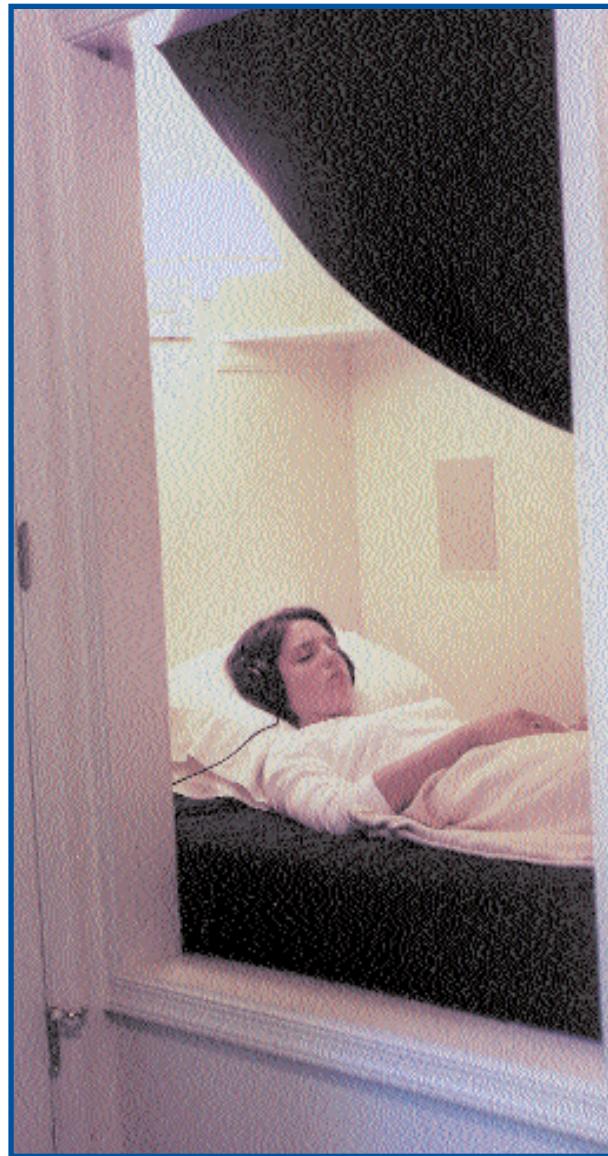
But in the days—now a full week—which followed, I have found that through the gentle forges of new understandings, of kindredness and caring, that I have become sort of remarkable; something I could not have anticipated nor foreseen; something which has changed my core. It is as though the old me is gone and a new me has taken his place.

Sensitive is a key word because I am now aware of subtle energies and sensations that were there all along, but which I had never noticed. It was as though I had been wearing blinders; restricting my perception to only what was directly in front of me. Now the blinders have widened, so with enhanced insight and intuition I am able to perceive energies I had probably never noticed before.

Gratitude is a key word also because I have received gifts, as a result of taking the *Gateway Voyage*. I knew the workshop would put me through various states of consciousness (referred to as Focus levels); but nobody ever said how I would feel as a result of them. For me, each Focus level was, and is, akin to an unexplored country, full of wonderful new vistas. With each succeeding voyage I become a little more aware, a little more sensitive to the seen and unseen. These are some gifts!

Thomas Merton, upon realizing the incredible beauty of what he had seen, turned and rushed back, to recapture the experience. But now the view had changed; and the magic of the moment was lost. It was still beautiful, but not in the way it was before. For, while he had sat on the grass and looked at the scene, Merton had been an integral part of it; now he was merely an observer.

If there is beauty in the *Gateway Voyage*, it is this: that I have learned to become aware of my intimate connection to others, to my surroundings, to my spirit guides, to my higher self, to All That Is; and to be grateful for the insights and understandings I receive. I don't do it perfectly—I am still learning. But I have been given a priceless map which will allow me to move more completely into new worlds of experience and knowing. It's way cool.



—RUSS MASON

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The *Gateway Voyage* was one of the greatest experiences of my life, bar none. Although I am still in the process of assimilating that week, it remains a very pleasant memory.

My colleagues going through it with me were a diverse group by profession and age, and just a great group of people. We had policemen, massage therapists, teachers, interpreters and others represented. Plus, the physical surroundings were so lovely that they too acted as a conduit to higher levels of thought.

What the *Gateway Voyage* unearthed for me was not something I expected. In fact, I came to the program without preconceived ideas even though I was somewhat familiar with Robert Monroe's books. I was, and still am, excited about the process, which is a catalyst to me for further exploration. When time and money coincide, I intend to experience (there is no better word) more residential programs.

Finally, I was fortunate to have a receptive and kind audience. Certainly in some other situations I would have been laughed off of the stage, as it were. Here, people were entertained and hopefully a bit illuminated by what I experienced. I had a common thread running through my week.

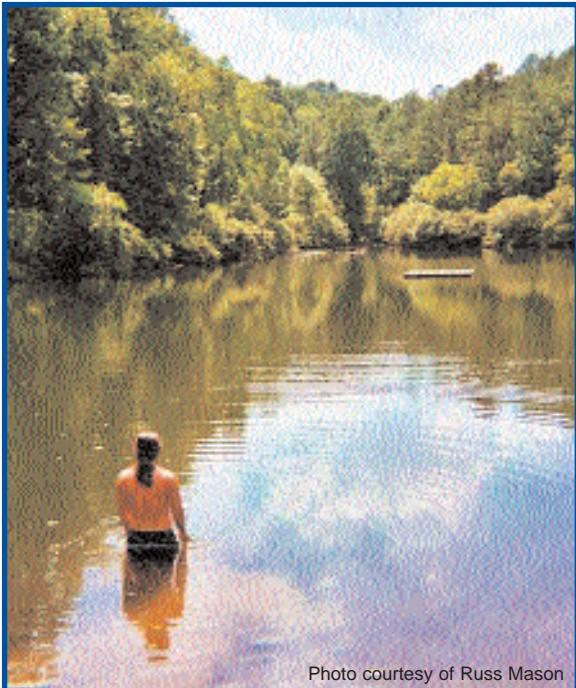
I certainly benefited from others' experiences and saw for myself how realizations can shake other's own foundations to the very core to the degree that they were also in need of advice, really more than I was since I have already in my past been rocked to the core by other catalytic forces. But even so, that week was powerful. I am definitely an advocate for exploration in consciousness for those who would be pioneers.

—Sheila K. Myers



Photo courtesy of Russ Mason

The group energy will supercharge your experience. It will heighten, by a power of ten, any experience you have had working solo. The staff and facilitators are exceptional. Their love and attention is incredible. The building and grounds are beautiful.



You (and the group of 24 or 25) are completely and totally immersed in the experience for 6 days (it took most people 1–2 days to become completely immersed). There is no way listening to one tape every now and then can compare.

I found the energy so high, it was almost painful. You will live in "no-time" for 6 days and nights, your right brain will completely take over, and left brain almost shut down.

I felt more peace and "at-homeness" than I have ever felt.

My feeling is, if you are on the fence about it, just swing your feet to the far side (the uncomfortable side) and jump...there is always a gift on the other side. Don't think about it, *just do it*.

—Tim Phalen

Photo courtesy of Russ Mason

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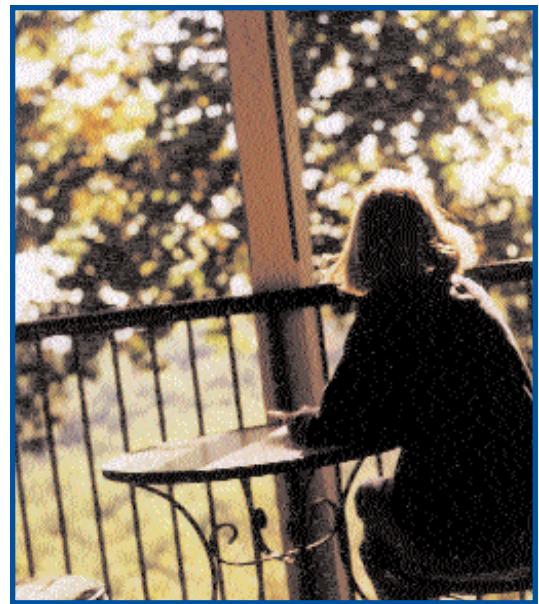
I would like to verbalize how meaningful my experience at The Monroe Institute was. However, I cannot find words to adequately describe it. After the loss of my second son, I was more than devastated and found it difficult to come back into an emotional or spiritual world.

After my week's experience and the easy access to such deep meditation, I was able to not only regain, but also surpass my ability to cleanse and renew myself as well as get back on my spiritual journey. I realized that with all my "knowledge" I had not let go of my youngest son. I met him in Focus 21. He could not understand why he had been in a room for so long, locked up. I told him he shouldn't have been and that he should be free to follow the white light. What a freedom for us both! I have since been able to go back and visit him and his brother. And I have been able to re-establish my relationship with God and myself. And therefore...others.

I was very fortunate to have extremely talented facilitators and to be with a group of very open-minded people, all on different paths. The Monroe Institute applies to so many age groups, so many interests and yet so many like-minded family that you feel at home and comfortable almost immediately.

I hope to be able to attend other sessions and continue on my path with the tools given by Monroe: books, tapes, continual correspondence with other group members, and meditative techniques. I hope that in the future I am able in some way to give back what you have given me. I am ever grateful.

—Mary Graham



I found out about the Institute when I read a magazine article about Hemi-Sync® and brain-wave functioning. At the time, I was an EEG technician at Yale New Haven Medical Center in New Haven Connecticut. Being an ordinary person, I felt intimidated by coming to a place so well known in the world and not fitting in because of my lack of experience and knowledge of what was being taught there. Well, that was the least of my concerns when I finally got up the courage to overcome my sense of insecurity. I have never felt so comfortable in any group situation in my entire life and I am now 62 years old.

Our *Gateway Voyage* was incredible as anyone who has taken it knows. Frankly, it changed my life in terms of my belief system expanding and knowing there are no limitations for the human mind, only those we place there with our beliefs. I returned home and found that there were few people I could talk to who could understand what I had experienced. But there were a few, and to this day those few still hang on my every word when I return from a program.

The people who are in attendance at the time the program is held are just as important as the actual program that is being taught, especially the facilitators who are an integral part of the mix. They help to provide a safe, secure, and non-judgmental comforting atmosphere for everyone.

There is no dogma taught in anyway. One can express their own ideas and beliefs and not be judged or alienated. All these many different people from different countries, races and backgrounds all bond together within a few days. We share things that we hardly ever would share with our friends back home, meaning what you really think about life and why we are here and who we really are.

I am a vastly different person since my yearly visits to TMI, and its wonderful programs have helped me to open an already open mind even further. I am able to live my life now with an openhearted joy for life and the people in it, with gratitude to our Creator.

I now live in the moment, mindfully aware of what I think and what I do, being accountable and responsible for everything that emanates from my heart and mind. I have done much traveling in my life, but coming to TMI at least once and sometimes twice a year revitalizes me and gives me new hope that there is a better way to live my life.

—Geary Atkins

The Monroe Institute's Residential Programs



The Monroe Institute's residential programs are conducted in the beautiful Blue Ridge Mountains near Charlottesville, Virginia.

Special lodging facilities, the Nancy Penn Center and Roberts Mountain Retreat, provide comfortable accommodations that maximize the effectiveness of the Hemi-Sync® process and provide a uniquely supportive environment for those intent on self-discovery and personal transformation.

This inner work is balanced with breathtaking views of the Blue Ridge and a host of leisure-time activities for participants to connect with the inspiration afforded by nature. You may choose to enjoy contemplative walks along forest trails, the serenity of a creekside meditation or an invigorating afternoon swim at Lake Miranon.

Advanced program participants, staying at Roberts Mountain Retreat, might also relax by a soothing water garden for added inspiration or take a refreshing dip in the

pool between Hemi-Sync® exercises. Morning Yoga/Tai Chi classes and personal massages during breaks are also available.

Wonderfully wholesome and delicious meals, lovingly prepared by staff, are another highlight of Institute programs (*special dietary needs can be taken into account*). You'll also enjoy tasty snacks and refreshments between meals.

Participants share adventures throughout their program while developing close bonds and lasting friendships. Although actual experiences vary from person to person, most participants consider the *Gateway Voyage®* to be one of their most meaningful and life-changing experiences.

Registration fees are all inclusive and cover tuition, meals and lodging, and airport shuttle transportation on the first and last day of the program. Please call the registrar at the phone number below for more information.

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■ www.monroeinstitute.org



The universe works with impeccable timing in matters related to personal growth and spiritual development. Untold numbers of individuals have been guided to attend Institute programs at what might be considered "the most appropriate" time.

We welcome your participation...